



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...Dengue

What is dengue?

Dengue is a disease caused by any one of four viruses (DENV 1, DENV 2, DENV 3, or DENV 4). The viruses are spread to humans by the bite of a mosquito. The *Aedes aegypti* mosquito is the most important vector of dengue viruses; it does not currently exist in Indiana. The *Aedes albopictus* mosquito can also spread the viruses and DOES exist in the Southern half of Indiana. There may be over 100 million cases of dengue worldwide each year.

How is dengue spread?

Dengue is spread to people by the bite of an *Aedes* mosquito that is infected with a dengue virus. Dengue cannot be spread directly from person to person.

Who is at risk for dengue?

People who travel or live in areas where the vector mosquitoes live are at risk for catching dengue. This includes most tropical urban areas of the world. Dengue viruses may be brought into areas by people who travel and become infected.

What are the symptoms of dengue?

The symptoms of dengue fever are high fever, severe headache, severe pain behind the eyes, joint pain, muscle and bone pain, rash, and mild bleeding (e.g., nose or gums bleed, easy bruising). Young children and those with their first dengue infection have a milder illness than older children and adults.

People with dengue hemorrhagic fever (DHF) have a fever that lasts from 2 to 7 days, with general signs and symptoms consistent with dengue fever. When the fever goes away, the sick person may have vomiting, severe stomach pain, and have trouble breathing. The patient may have bleeding problems like bruising easily, bleeding nose or gums, and possibly internal bleeding.

How is dengue treated?

Persons who think they have dengue should use pain relievers that do NOT contain aspirin. They should also rest, drink plenty of fluids, and call a doctor. If they feel worse (start vomiting or have severe stomach pain) in the first 24 hours after the fever declines, they should go at once to the hospital.

How is dengue prevented?

There is no vaccine for dengue. The best preventative for dengue is to avoid mosquito bites.

- Avoid being outdoors during the hours of dusk to dawn when mosquitoes are most active;
- Avoid high grass and brushy areas where ticks may be present;
- Take personal protective measures
 - Wear long sleeves and long trousers with cuffs stuffed inside top of socks to cover skin for mosquitoes to bite or areas for ticks to attach.
 - Use an insect repellent with DEET on clothing and exposed skin.
- Make changes outside your home to reduce places for mosquitoes and ticks to breed;
 - Clean gutters and empty water-holding containers such as buckets, tires, birdbaths, wading pool, and flower pots to reduce mosquito breeding sites.
 - Cut weeds and brush from your yard to reduce places for ticks to hide.

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/Dengue/>

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